



CHF Member and Guest COVID-19 Code of Conduct

All people residing within the County of Los Angeles Public Health Jurisdiction who are age 65 or older and all people of any age who have active or unstable pre-existing health conditions should remain in their residences as much as possible during the pandemic. People in these categories should leave their residences only when necessary to seek medical care, including vaccinations, exercise or to obtain food or other necessities. People in these categories should avoid any gatherings.

Even after you are fully vaccinated, you should still take steps to protect yourself and others, like wearing a mask, staying at least six feet apart from others, and avoiding crowds and poorly ventilated spaces, when you are: in public, gathering with unvaccinated people from more than one other household, visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk. You should still avoid medium or large-sized gatherings. You should still delay domestic and international travel and if you have symptoms of COVID-19, you should get tested and stay home and away from others.

All persons arriving in or returning to the County of Los Angeles from other states or countries, must self-quarantine for 10 days after arrival, except as necessary to meet urgent critical healthcare staffing needs or to otherwise engage in emergency response. Additionally, this does not apply to individuals who routinely cross state or country borders solely for the purpose of essential travel.

Those that are able to utilize the facility will be required to adhere to the following code of conduct until further notice.

As part of my ability to utilize CHF programs and services I agree that I,

1. Will make a reservation for a designated time slot available at CHF and be screened at the check-in station located on the first floor at the east elevators prior to entering CHF. I understand that I will not be permitted to enter the facility if I report or display any symptoms associated with COVID-19.
2. Will await confirmation for safe entry and proceed to CHF via east elevators, understanding no more than two passengers shall occupy the elevator at any time.
3. Will access hand sanitizing station upon entry and follow all CDC and L.A. County floor and wall signage instructions.
4. Will stay within designated areas of the facility and only use designated equipment.
5. Will maintain a physical distance of six feet or greater from the nearest person and refrain from making any physical contact.
6. Will not bring any equipment inside CHF except for a workout towel and a pre-filled bottle of water contained in a closed bag.
7. Will wear a face covering in all designated areas at all times.
8. Will adhere to all capacity requirements that have been set for the designated spaces within CHF.

9. Will clean the equipment before and after each use with designated cleaning supplies.
10. Will access hand sanitizing stations before and after each use of equipment.
11. Will refrain from using showers.
12. Will remove myself from the facility if I begin to display symptoms, such as persistent cough after entering CHF and will notify staff of the change.
13. Will sanitize my hands upon exiting the facility, using the west elevators. No more than two passengers shall occupy the elevator at any time.
14. To the best of my ability, will follow CDC and L.A. County guidelines outside of the facility to mitigate risk of transmission.
15. Will take home workout towel and water bottle in a closed bag.

I acknowledge that failure to comply with this code of conduct could result in the loss of CHF privileges.

Name (Print): _____ Date: _____

Signature: _____